MARCH 2022 VOLUME 1, ISSUE 1

THE BRIDGE

A monthly newsletter connecting CSUN public health students, faculty, alumni, and communities

Welcome to The Bridge!

by Anthony Avalos & Samantha Welton

As we embark on this next semester together, we are excited to provide readers with public health updates, events, and offer our audience the chance to be featured in our monthly spotlight! We look forward to *building the bridge* between our students, alumni, faculty, staff, and public health organizations by updating you every month with content that is real, relevant, and just for you!

The Bridge is your go-to resource for public health-related news, updates, highlights, and more. It keeps readers informed and engaged about public health news and updates from CSUN's Public Health Program through a staff of public health interns.

Newsletter Highlights

Meet the Editors

Program Message and Updates

Spotlight Central

This Is Public Health

Upcoming News and Events

MEET THE EDITORS

What does public health mean to you?

"Public health is so much more than COVID-19 mandates and a prolonged pandemic. Public health gave me perspective about how I maintain mine and my family's health. I believe my children observe my health behaviors and in turn, they mimic the same practices, (like exercise and healthy eating) and even teach their friends how to make healthy choices. I sincerely hope this newsletter encourages you and gives you the resources you need to dig deeper and build bridges within public health, not burn them! Here's to building the bridge!"

SAMANTHA WELTON, CLASS OF 2022

"For many years, I struggled with obesity. Public health saved my life because it helped me understand the behaviors that contributed to my weight gain. Thanks to diet and exercise, I am now wearing L-size shirts and 36 size jeans (from 4XL shirts and 44 jeans). Although I am still on my weight-loss journey, I am much happier now because of public health. I hope this newsletter not only provides a venue for our wonderful community but motivates you to be part of the change for a better tomorrow!"

ANTHONY AVALOS, CLASS OF 2022

MESSAGE FROM OUR INTERIM PUBLIC HEALTH PROGRAM DIRECTOR

Spring 2022 is in full bloom at CSUN as we welcomed students back to campus on February 14th. Our students, faculty, alumni, and community partners continue to do amazing work and we are thrilled to share stories and monthly updates with you in our new program newsletter.
Please see below for additional program updates and announcements.

- Stephanie Benjamin, PhD, MPH

CSUN PUBLIC HEALTH PROGRAM UPDATES

SAS Workshop Summer 2022!

The Health Sciences Department and Public Health Alumni Chapter will be hosting an SAS Workshop this summer for current MPH students and MPH alumni.

Registration details will be announced soon!

Graduation is Around the Corner!

MPH and MSHA Graduates:
The hooding ceremony will be on **May 23, 2022, at 2 p.m.**

The graduation ceremony for all graduating students will be on **May 23, 2022, at 6 p.m.**

2022 HEALTH POLICY CONFERENCE AT CSULA

Mark your calendars! On **April 19, 2022**, CSUN's Health Sciences Department plans to bring 15 students to the 2022 Health Policy Conference at CSULA. It is a great opportunity to be introduced to public health officials and legislators who will describe governmental processes, health policy issues, and public health challenges that may arise.
Students who have applied will be notified of their selection by **April 1, 2022**.

SPOTLIGHT CENTRAL

The Bridge will highlight CSUN alumni, students, faculty, and community partners who are making strides within public health. If you would like to recognize and nominate someone for our monthly spotlight, you may submit **our content form**!

PATTY KWAN, PHD, MPH, CHES

FACULTY SPOTLIGHT: Dr. Patty Kwan

Dr. Patty Kwan started teaching at CSUN in 2014 and is currently an Associate Professor and Principal Investigator of the BUILD PODER Center and the Southeast Asians in the U.S.: Health Equity and Research to Understand COVID-19 Stories Study (SEA US, HEAR US Study). Before coming to CSUN, she taught at the University of Southern California's and Claremont Graduate University's MPH Program.

The Bridge is excited to announce and celebrate Dr. Kwan's success with the BUILD PODER Center and the SEA US, HEAR US Study and highlight their recent $1.04M grant!

Dr. Kwan's SEA US, HEAR US Study is funded by the NIMHD as part of the NIH's Rapid Acceleration of Diagnostics (RADx®) initiative to develop innovations for COVID-19 testing and vaccination. The overall mission of SEA US, HEAR US is to collect disaggregated data on Southeast Asian Americans through a community-vetted approach, bringing visibility and voice to an understudied population within the Greater Los Angeles area through a community-based, mixed-methods (qualitative and quantitative) approach. Led by women of color faculty, this project involves multiple collaborators from non-profit community-based organizations such as Cal State Los Angeles, and other academic and health organizations in the surrounding area.

"I encourage students to get involved in as many opportunities that their time will allow because you will benefit from it one day."
-Dr. Patty Kwan

SPOTLIGHT CENTRAL

UNDERGRAD SPOTLIGHT: Nazar Makadsi

The Bridge is excited to highlight Nazar for his leadership role as an intern!

Graduating Spring 2022, with a Bachelor of Science degree in Public Health (BSPH), Nazar is working hard to develop his public health portfolio! He has volunteered as a peer health educator for the Matadors4Wellness program at the Koltz Student Health Center and currently is interning as a Team Lead Contact Tracer to respond to the COVID-19 pandemic. As a lead contact tracer, his responsibilities include reviewing over 300 cases of interview data for completeness, accuracy, and quality. He assures that his team adheres to HIPAA, privacy, confidentiality, and other PHI and data security rules. He believes the experience he gains at the county will help him achieve his goal of obtaining an MPH with a concentration in epidemiology and becoming an infectious disease epidemiologist.

NAZAR MAKADSI, CLASS OF 2022

"Becoming part of the public health field has been one of the most rewarding decisions I have ever made. I want to give credit to my professors and advisors for helping me further expand my knowledge and interest in public health."

"Take any opportunity you are presented with, make lasting connections with professors & peers and [if possible] learn another language. Learning a new language is one thing I wish I had done during my undergrad!"

RACHEL ZADIKOV, BSPH, CHES

ALUMNI SPOTLIGHT: Rachel Zadikov

The Bridge is excited to highlight Rachel for her success!

Rachel (BSPH, 2020) now works for the Los Angeles County Department of Public Health in the Emergency Preparedness and Response Division. In February 2021 she worked with the Logistics Staffing Unit as an administrative aide at many vaccine sites, including the distribution site at CSUN. Her responsibilities consisted of utilizing various staffing management systems, producing staff reports, and responding to email inquiries.

In October 2021, she began her current role as a Medical Countermeasure Planning Analyst, working with a team to evaluate and create contingency plans for future pandemic response based on lessons learned from the COVID-19 pandemic. She manages, trains, and deploys volunteers for various activities at the Volunteer Management Unit. Her team administers flu vaccinations at schools, and educates the community about mosquito-borne illness and prevention.

SPOTLIGHT CENTRAL

MPH STUDENTS SPOTLIGHT: Part I

Left to right: Lyuda Golets, Velia Nunez, and Jazmine Victoria attending the AAHB conference in Florida.

Over the next several months, MPH (Applied Epidemiology) students will be presenting their research at conferences! Listed below are several students who will present their findings.

Be on the lookout for our April Newsletter for Part II of our MPH student spotlight!

"I am incredibly grateful for the opportunity to have worked on this project and I cannot wait to represent CSUN!" - Spencer Tinoco

Velia Nunez

Conferences: American Academy of Health Behaviors **(March 13-16)**, American Psychosomatic Society **(March 23-26)**, CSUNposium **(April 1)**, and American Diabetes Association **(June 3-7)**

Titles:
The Association Between Perceived Stress and Obesity-associated Inflammatory Markers in Minority Children

Association Between Perceived Stress and Morning Serum Cortisol with Glucose Metabolism Among Overweight Minority Youth

Systolic Blood Pressure is Associated with Carotid Intima-media Thickness Independently of Type-2 Diabetes Predisposition in Minority Adolescents

Jean Spielman

Conferences: CSUNposium **(April 1)** and Society of Behavioral Medicine **(April 7)**

Title:
ACE Goes to College: Exploring Inter and Intrapersonal Regulation and Their Effects On Substance Use in College Students

Spencer Tinoco

Conference: Society of Behavioral Medicine **(April 7)**

Title:
Do Adverse Childhood Experiences Increase Likelihood of Alcohol Related Negative Consequences in College Student Drinkers?

Lorena Reynaga

Conference: American Psychosomatic Society **(March 23-26)**

Title:
Examining the Relationship Between Perceived Discrimination and Allostatic Load Among a Sample of First-generation, Minority College Students

Kimberly Felix

Conferences: American Psychosomatic Society **(March 23-26)**, CSUNposium **(April 1)**, and American Diabetes Association **(June 3-7)**

Titles:
Associations Between Perceived Stress and Morning Serum Cortisol with Glucose Metabolism Among Overweight Minority Youth

Associations Between Perceived Stress and Morning Serum Cortisol with Hemoglobin A1c (HbA1c) Among Minority Youth with Overweight or Obesity

Associations Between Perceived Stress and Morning Serum with Glycemic Measures in Minority Youth with Overweight and Obesity

THIS IS PUBLIC HEALTH

The Bridge will share recommended readings, podcasts, and job/internship opportunities every month, as suggested by your peers and public health professionals!
Click the underlined hyperlinks below to learn more!

WHAT WE READ IS INFLUENTIAL

FDA warns against using another powdered baby formula after a 2nd death

Paul Farmer, Pioneer of Global Health, Dies at 62

Covid News: Several Parts of U.S. Ease Mask Rules

Pfizer vaccine's protection against COVID wanes quickly in kids ages 5-11, study says

WHAT WE LISTEN TO IS INSPIRING

Podcast: Flipping the Table

Podcast: PCD Sound Bites

Podcast: The Nation's Health

WHERE WE WORK MATTERS

WB Hospital Navigator

Press and Media Outreach Specialist II

Research Associate II

Statistician I

Project Coordinator: Oral Health Advocacy for Children and Pregnancy

MEND Program Manager

Home Visiting Supervisor

WHERE WE INTERN, WE PREPARE

Cedars-Sinai's Community Benefit Program

Policy Researcher: Summer 2022

The California Wellness Foundation

ATTENTION!

CSUN alumni and friends can purchase an access code to the American Public Health Association (APHA) Now 2021 and may earn up to 19 Continuing Education (CE) credits! Proceeds from each sale will go back to CSUN's Public Health Alumni Chapter.
CSUN Public Health alumni and students: $50 | Non-alumni: $60.

PURCHASE TODAY!

HESO CORNER

IMPORTANT UPDATES

- Elections for the 2022-2023 Executive Board will begin April
- Donate to the Pads, Tampons, & Liners Drive! All donations go to the CSUN Food Pantry
- CHES Study groups are bi-weekly on Fridays!
- Tabling events are back! Catch us by the Matador Statue!

Visit HESO's website for more information

@HESOCSUN

MPHSA CORNER

ANNOUNCMENT

The MPHSA will be having executive board elections!

Applications will be open on April 1, 2022 with the following positions available:

- President
- Vice President
- Treasurer
- Webmaster

Hello April

UPCOMING EVENTS

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

4	National Public Health Week 2022: Public Health is Where You Are	April 4 - April 10
5	NPHW 2022 Student Day: Mentoring (Webinar) at 12:00 pm
5	APHA Challenging Public Health: Michelle Holder (Webinar) at 1:00 pm
6	The California Healthy Places Index 3.0 Virtual Launch (Webinar) at 10:00 am
6	APHA NPHW 2022: Shifting Power and Building Resilience Through Community Collaboration: A Conversation on Improving Local Food and Health Systems (Webinar) at 3:30 pm
11 - 15	Graduating Students Fall 2022: Apply for Scholarship for CHES Exam
27 - 28	18th Annual ENACT Advocacy Day	April 27 at 9:30 am	April 28 at 12:30 pm

SIGN UP FOR OUR NEWSLETTERS!

BUILDING BRIDGES

The Bridge is the official CSUN Public Health Program newsletter and the go-to resource to keep you informed and engaged with public health updates!

REAL, RELEVANT, & TAILORED NEWS

Useful, fun, and informative public health stories, highlights, updates, news, job opportunities, and much more every month!

SUBSCRIBE NOW

Click the link below to subscribe to our email list and get monthly access to our newsletters!

SIGN UP

GOT A STORY TO SHARE?

Let's stay informed! Feel free to contribute to The Bridge by filling out our content form so we all stay updated and connected!

SCAN TO ACCESS CONTENT FORM